

WOMAN'S VARIED INTERESTS

From England comes this model, with its suggestion of the military, too, in the Persian colored woollen embroidery, simulating officer's braid, on the waist part. The frock is of navy blue peau de laine, with wash of black panne velvet and an outstanding, embroidered collar.



Women Combine to Spread Gospel of "Twilight Sleep" to American Mothers

Mrs. John Jacob Astor, Mrs. Mary Ware Dennett and Mrs. Mary Sumner Boyd Lead in Movement to Popularize Freiburg Knowledge and Treatment.

THE world of mothers is rebelling against painful childbirth. The modern women, with her complex duties, believes it a crime to deplete her energy unnecessarily. The old belief that woman should bring forth her young in agony has been replaced by the saner one that it is a mother's duty to conserve her strength. And so, because they believe the "twilight sleep" childbirth method, originated in Freiburg, Germany, will insure painless birth, a group of far-sighted women have organized an association to give the world of mothers authentic information concerning this treatment.

"Since the stories of the 'twilight mothers' were published in various magazines a flood of inquiries from women all over the country has poured in upon them," explained Mrs. Mary Ware Dennett, temporary chairman of the newly-formed association.

"These three women, Mrs. Mary Sumner Boyd, Mrs. J. Temple Emmett and Mrs. Phillip Carmody, found themselves unable to answer all the letters. They were impressed at the number of mothers interested in a painless method of childbirth and felt that an organization was needed to give all the information demanded.

The First Meeting.

"They suggested their plan to some prominent women, who immediately acted upon it and called a meeting. Many of the foremost physicians attended this first meeting of the organization and offered to serve as an informal advisory board. Mrs. Orme Wilson, Mrs. John Jacob Astor, Mrs. Rheta Child Dorr, Mrs. Crystal Eastman Benedict, Miss Fela La Follette, Miss Rose Young and Mrs. Julian Heath were among the enthusiastic members of that first meeting.

Establish Office to Answer Questions. "Since then we have had time to formulate our definite aims," continued Mrs. Dennett.

"In the first place, we shall establish an office with a secretary to answer all sorts of questions about 'twilight sleep.' "We shall publish pamphlets set-

ting forth authentically the experiences of those American women who have given birth to 'twilight sleep' babies. We shall arrange lecture courses and fill engagements before women's organizations all over the world.

"Then we shall further the introduction of the Freiburg method in the existing hospitals. It already exists partially in ten hospitals in New York, and we regard that as a favorable beginning.

Greatest Aim to Establish Teaching Hospital.

"But our greatest aim shall be to establish a teaching hospital where doctors from all over the country can come and learn this method of obviating pain at childbirth. It is our aim to establish a maternity hospital similar to the clinic at Freiburg, where a skilled group of doctors who have themselves studied at the Freiburg institution will take charge of the work.

Make "Twilight Sleep" Possible to All.

"There is a great need for an open hospital where doctors not connected with any hospital can take their patients. As it is now, 'twilight sleep' is possible only for the mother of wealth or the charity patient. We hope to make it possible for all mothers to enjoy its benefits.

"It is, of course, a hospital method. Mothers nowadays are preferring to give birth to their babies in hospitals, anyway, and it will not be long until the Freiburg method is used in every hospital. There is no reason why it shouldn't be. It requires great skill to administer the narcotics used to produce 'twilight sleep,' but it is not beyond the scope of the average physician."

Mrs. Dennett, whose forceful character was displayed when she was executive head of the National Woman's Suffrage party, believes that only by bringing pressure to bear upon the physicians will they be brought to use the Freiburg method.

Why Physicians Oppose 'Twilight Sleep'?

"They are opposed to this method of painless childbirth mainly because of 'lay publicity,' as they call it. But the mother-half of the world is protest-



MRS. JOHN JACOB ASTOR
One of the Women Interested in the Establishment of a Freiburg Method Teaching Hospital.

ing so strenuously against unnecessary suffering that they will have to dispel their prejudices.

"There has always been less advancement in obstetrical surgery, simply because of a sanctimonious view of the suffering of mothers. Just think of it! Women have been suffering for ages because some primitive mind explained the agony of childbirth as the 'will of God, because women had sinned.' The will of God we believe is manifested in the joy of life, and so for motherhood everywhere, we are making this fight against old traditions and prejudices."

Twilight Sleep a Great Discovery.

Mrs. Mary Sumner Boyd, who first conceived the idea of giving to American women, or rather to women everywhere, the knowledge that they could bear children painlessly, is that rare thing, an enthusiast with a scientific mind and training. That she is both no one can doubt who has talked with her about "twilight sleep."

"Why am I giving all my time and attention to spreading the knowledge I gained at Freiburg?" she asked. "Because I am convinced that it is one of the most important discoveries ever made. I cannot think anything else after my own experience."

Condition of Mothers Overlooked.

"There is one thing which it seems to me is usually overlooked in discussions of painless birth—or perhaps I should say two things. I refer to the condition of the mother before birth and after birth. A few hours, comparatively, of pain—what are they? Well, they may be tragic, as women who have suffered them throughout the ages can testify."

"But with that ordeal unnecessary, the period of pregnancy is relieved of much of its unpleasantness. Physical discomfort there may be, but the mental, much harder to bear, is eliminated."

"Have you ever heard women tell truthfully of how they felt during the nine months when they were looking forward to the agony of birth? Can you calculate how much they are saved when they know that there is no need for agony?"

"The after effects are also valuable. Just think what it means to do away with the nervous exhaustion and collapse which usually follow birth. Take my own case—I was up half an hour a few hours after the birth of my baby. I took a motor drive on the fourth day and left the clinic after ten days. From the scopolamin-morphium I had distended pupils and numb fingers for a day or so. On the first night I had thirst and a slight sweat. Compare this with the suffering which most women endure."

Opposition to Spreading Knowledge.

"There is one thing which I wish to have made very plain about painless

birth. There have been much opposition to the spreading of the knowledge and many interviews claiming that scopolamin-morphium had been tried out in America several years ago and found wanting. This is true and it is not true. The drug was used. That is a fact. But—and this is the important part of the story which is always slurred over by the enemies of 'twilight sleep'—it was not used in the proper way nor the right proportions. It was used in what can be called only a haphazard way. That had effects followed is no surprise.

"At Freiburg the most careful experiments have been made. There is never any risk taken in the amount given. They know there just how much to give, and all conditions are made favorable for the administering—like quiet and a shaded room. In this connection it is only fair to say that the two men who today are doing the best work with scopolamin-morphium in America, are men who failed with it eight years ago. They ascribe their present success solely to their painstaking adherence to Freiburg methods."

Violated Medical Ethics?

"My friend Marguerite Tracy, who has collaborated with me on articles and on the book which is to appear in regard to painless birth, and I have been harshly criticized for what we have done in spreading this knowledge which we consider so valuable. We have been told that we have violated the ethics of the medical profession. We have even been called adventurers."

"It has seemed to us that this was a matter of too great importance to be held back from a world of women, just because physicians are bound by the ethics of their profession not to do anything which appears to be advertising. To accuse Professor Kronig and Professor Gauss, who have worked out 'twilight sleep' in painstaking detail, of desiring advertising is manifestly unfair. So far do they go in the other direction that it has been almost impossible to get any information about the 'Frauenklub' at Freiburg except terms and other like information for prospective patients."

"Miss Tracy and I were in Freiburg several months. We talked to many mothers who had borne their children painlessly, but from the doctors and the nurses at the hospital we could learn little. But now we know—and we have our knowledge at first hand. I know with what unconsciousness I brought my son into the world, and Miss Tracy, who was near me all the time, can testify to things which I, being mercifully asleep, did not know. "We are convinced that this method of painless childbirth is something which should be known to all women, and for that end we are working."

Kitchen Knowledge

Vegetable Macédoine in Beet Baskets.

Boil, skin and cool as many large beets as there are to be portions. Hollow them out and chill. Take a bottle of macedoine vegetables, drain and marinate in French dressing, into which drop a half bud of garlic for five minutes. Set the beet baskets on red and green beet leaves, drain and fill with the macedoine and put mayonnaise on top. Garnish with cress.

Another tomato salad, which requires more patience than skill, is made from tomatoes of uniform size, each one cut in eighths, but the sections not entirely severed. The divisions are gently pulled apart, so that the effect is that of a lovely red flower. Stiff mayonnaise is piped around

the inside and a generous portion of caviare is added in the centre, with bits of chopped truffles here and there on the yellow mayonnaise. The coloring, as well as the combination of flavors in this salad, makes it well worth a place on the formal luncheon table.

Quite unlike the usual form of "tomato surprise" is a salad which presents the stuffed tomato with the uncut side uppermost. The firm, peeled pulp is stuck at regular intervals with tiny strips of celery and green pepper, so that the little tomato looks like a miniature porcupine.

A fruit salad can be made in the same way by ornamenting a curved surface of an orange with tiny wedges of pineapple.

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FOOD ARMADA FOR BELGIANS

Five Ships Loaded with Supplies to Sail from United States Within a Week to Feed Starving People in Conquered Country.

Five ships loaded with food for Belgium will sail within the next week under the direction of the Commission for Relief in Belgium. The Kansas ship, Hannah, will sail on Friday from the Bush Terminal. The Industry, with a mixed cargo given by the State of Pennsylvania, will sail before the end of the week, and the Maryland ship, John Hardie, now loading at Baltimore, will clear about January 6. The Harpalycie, with a cargo of salt fish and other New England products, will sail from Boston. The California ship Camino is now passing through the Panama Canal. She left San Pedro on December 8, and arrived at Balboa, at the Pacific end of the canal, on December 25.

The Red Cross bazaar at Hunter College netted \$5,000 for the war sufferers. The Red Cross received the check yesterday. Other contributions brought the total of the fund up to \$425,202.14. The large givers were "A. B. L." for purchase of ambulances, \$2,200; through Dr. B. Dernburg, \$535; Fortnightly Club, Bennington, Vt., \$525; Philharmonic Society of New York, \$329.25; Mizpah Chapel Sunday School, New York, \$150; Fifth Avenue Branch, Red Cross, \$115.53; Dr. B. Dernburg, \$152.17; proceeds of dance at Hotel Osmond, Brooklyn, \$115; staff of "The American Exporter," \$100.

The Red Cross shipped on December 26 on the Adriatic to the British Red Cross 100 cases of hospital supplies. The Belgian Relief Fund amounted yesterday to \$748,282.58. Among the contributors were Juneau, Alaska, Belgian Relief Committee, \$4,063.12; B. H. F. Commercial Club, Nashville, Tenn., \$2,330.92; Anonymous, \$500; the First National Bank, Greenville, Miss. (additional), \$400; 10 per cent of gross sales, Douglas, Alaska, \$177.66; "Physician," \$100, and "The Providence Journal," \$217.50.

The American Ambulance Hospital Fund amounted to \$267,788.97. The Committee of Mercy Fund rose to \$91,910.23. The Hornell branch sent \$150 and William Salmon \$100. "An Shin and Chin Toy," a Chinese Arabian Nights entertainment for children, was presented at the Plaza Hotel yesterday for the benefit of the Com-

mittee of Mercy. The affair will be repeated on January 2 and 9.

The Secours National, the French relief fund, which has been collected by Mrs. Whitney Warren, amounted to \$42,948.66. It was announced that all money contributed will be spent in this country for articles needed by the refugees and soldiers' families of France.

Irvin S. Cobb will give an illustrated lecture on his experiences in the war zone at the Waldorf-Astoria on January 7. The moving pictures of the war obtained by Mr. Cobb are said to be the nearest views of the real fighting that have yet been seen in this country. Tickets are \$2.

The "fifty-fifty" sale at Mrs. Harry Payne Whitney's studio, 8 West 8th st., which has been running since December 10 for the benefit of the ambulance fund of the American Hospital in Paris, will continue until Thursday night. It was originally announced that last Saturday would be the closing day. Mrs. Whitney will serve tea to-morrow afternoon. About \$6,000 has already been raised.

Castles to Entertain Children.

Mrs. Vernon Castle will give a children's party at Castle House, 26 East 46th st., on Thursday afternoon at 3 o'clock. There will be dancing and an entertainment, and the feature of the afternoon will be the prize award of a real live dog, the gift of Mrs. Castle, as a souvenir.

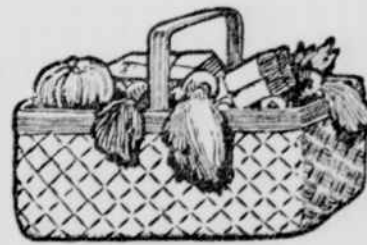
If Housework Harms

Your Hands—Read This

Perhaps you think you cannot avoid having hands reddened and roughened by the daily duties of the home—the dishwashing, scrubbing and other necessary work. You can.

Use VELOGEN, "Beauty's Guardian," which should be applied liberally at night after washing—and again in the morning in many cases. The skin needs softening, soothing action, and responds to it at once. Harshness is relieved, redness disappears, chapped lips and cheeks are healed and your skin becomes once more what it should be. VELOGEN does not grow hair—it does make smooth skin.

Ask your druggist for it—25c a tube.—Advt.



Efficiency in Marketing For the Household.

Marketing is one of the most important duties of a housewife—but not always the most pleasant. It matters not whether the day be fine or otherwise, it is one duty that must be performed.

Now comes the market commissary to take on her shoulders all the trouble and annoyance, and does the work at no cost to you—even saves you money. Of course you want to know all about it. On Woman's Page to-morrow.

The Tribune

Order From Your Newsdealer To-day.

Lending Individuality

Merely Neat Women Yield to Those with Distinctive Clothes.

THE public glances only once at the merely neat woman, and that casually. It reserves its real interest for the woman whose clothes are distinctive. She is worth its while, and she would be so were sackcloth and ashes the height of the mode, for her piece of sackcloth would be cut "with a difference" and her share of ashes would be artistically scattered over her head.

Nevertheless it is some minor and unexpected feature which gives individuality to a street suit, and it is the tailor who can bestow those touches that makes a success.

Blue Serge Suit May Be Distinctive.

A suit of distinction is a navy blue serge, such as any moderately prosperous woman might have. The average shopper is not wearing one precisely like it. It is remarkable only because a pair of broad tabs, running forward from the arm-eyes and the shoulders to below the bust of the jacket, form the upper portion of the front. The neck is deeply and sharply pointed. This vacuum, however, is disguised by the fullest of skunk bordering, which finally resolves itself into a high standing collar. From the rear this blue serge presents the silhouette of a pleated underdress, surmounted by a flaring overskirt, and above that a semi-fitting coat of conventional shape. Its odd, tab-like fronts distinguish this suit from the ordinary serge garment.

Collar Determines Individuality.

Collars at times give distinction to tailored suits. This season you may have almost any type of neck finishing on your jacket, even the overworked and not too becoming mannish affair which turns over and merges with narrow lapels. But if you are wise you will ask your tailor to finish the neck of your coat differently from that of any other coat he has made or means to make.

It is quite within the range of possibility that he will evolve something worth while, as did one whose customer intimated politely, yet firmly, that she would not accept a certain fur fabric suit were its square collar of felt not wholly different from all other square collars. Driven to desperation, the designer took the chance of extending the broadtail square, from its centre, into a long, sharp V, whose point almost touches the waistline at the back of the coat. Where this collar crosses the shoulders its corners are square, and of that suit's distinction there is no question.

The New Modes in Glassware

Brilliantly Colored Ware, Sparingly Used, Forms Effective Decoration in Dining Room and Boudoir.

WHILE it may not seem possible that there can be anything in glass that is especially new, familiar as we are with the varieties of cut and engraved glass, and the fanciful shapes of what is known as blown glass and spun glass, it is nevertheless true that effects in color and shapes of glass are now imported from Venice and other parts of Europe that are distinctly unique and new.

The glass, as produced by the Martine Studios in Paris, was the first to reach us in the strong color combinations of orange, deep blue, vivid green, black and white and coral, as shown in the garden lamps, compotes and other articles for table use. Now that the eye has become accustomed to these brilliant colors, these pieces are much sought after—especially in vases or bowls in one solid tone of this group of colors, as a distinctive note in a scheme of decoration.

Colorful Table Decorations.

Too much of this type of glass would be overpowering in a room, unquestionably, but a yellow or deep purple bowl, for example, filled with glass fruit, such as apples, pears, peaches or grapes, so arranged as to allow for an electric bulb to be hidden beneath them, is decidedly effective as a living room or dining table decoration. Likewise the large covered compotes of amber or green glass, sometimes filled with dried rose leaves, and which have become a fashionable substitute for the épergne or bowl of flowers for the centre of the dinner table. They may be supplemented by two smaller, similar

bowls of variegated glass beads placed on a table and intended to be handled had a vogue in Paris that has not extended here, possibly because the American desire for color is more easily satisfied by flowers placed about the room, but in the matter of toilet articles the exquisite one-tone glass articles, such as are brought in powder boxes, pin trays, pomade boxes, cologne and perfume bottles, have met with the same popularity here as abroad, where the effect of glass is carried out even in the tops of brushes and mirrors on the dressing table.

In the modern Venetian glass now shown, which lacks the fantastic shapes of the old, the one most noticeable on an opalescent body color is the colored fruit decoration, forming handles. This is not only carried out in the larger vases, covered compotes, etc., but in the smaller pieces as well, where, for example, a single pear or apple ornaments the stopper of a bottle. These vary in price from \$4 for a pin tray to \$18 for a covered compote.

Gay Flowers of Glass.

Another novelty in decorative glass articles is the Venetian glass vase holding a glass nosegay of gayly colored old-fashioned flowers, which can be removed. These are \$14 complete, and are desirable in pairs for the bedroom mantel or dressing table. The painted flowered glass in natural coloring upon a mottled white ground, with stripes of blue or red, is also much used. This is found in attractive bottles, hollow



A Venetian glass cologne bottle, blue striped, with floral design, \$8.

at moderate prices, such as \$2.50 for a powder box of liberal size. They are distinctly effective in a room where the deeper shade of blue prevails in the decoration and draperies. Another shows the possibility of glass as a substitute for enamel, as evidenced in the photograph frames composed of tiny mosaics of one-tone glass set within a rim of gilt. These cost \$7.50 for a five-inch round frame and \$12.50 for an eight-inch oblong frame, and are made in light and dark blue, rose, lavender, red and green.

Translucent Flemish Glass.

The new translucent Flemish glass in smoke color and deep blue can be found also in a variety of useful shapes and at prices not excessive, while the revived interest in old English glass for table use is most marked at the



Yellow and black Venetian glass powder box, \$10.



Violet colored Venetian glass candlestick, \$10.



A blue glass powder box as distinct as those more highly priced, \$2.50.

compotes, placed midway between the centre and ends of the table if desired, while candlesticks and electric light shades in amber and amethyst glass offer a consistent means of lighting with these appointments.

Brilliant Boudoir Appointments. For the lover of bold coloring the

stemmed candlesticks that can be reversed and utilized as flower holders, night sets for the bedroom, boxes and other toilet articles.

A recent importation consisting of a solid tone blue glass, with a silvery cast, almost an electric blue, in bowls, vases and toilet articles is to be found

represent. Sets of goblets, covered compotes and other table pieces are much sought after. On the library or living room table the covered compote, some having the steeple top, is found especially desirable for holding candies or other sweets to keep them safe from dust and dampness.

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The Tribune

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See Editorial Page, First Column.